

Nutrition Facts		
Serving Size: 3/4 Cup (30g)		
Servings Per Package: TBD		
Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
<b>Calories</b>	120	160
Calories from Fat	15	15
% Daily Value**		
<b>Total Fat</b> 1.5g*	<b>3%</b>	<b>3%</b>
Saturated Fat 1g	<b>6%</b>	<b>6%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 110mg	<b>5%</b>	<b>7%</b>
<b>Potassium</b> 60mg	<b>2%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>	<b>11%</b>
Dietary Fiber 1g	<b>6%</b>	<b>6%</b>
Sugars 14g		
<b>Protein</b> 1g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	50%	50%
Vitamin D	10%	20%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate (Folic Acid)	50%	50%
Vitamin B12	25%	35%
Zinc	25%	25%
* Amount in cereal. One-half cup skim milk contributes an additional 65mg sodium, 6g total carbohydrate (6g sugars) and 4g protein.		
** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Potassium		3,500mg 3,500mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

**Ingredients:** Sugar, Corn Meal, Corn Flour, Corn Syrup, Coconut Oil and/or Canola Oil and/or Soybean Oil, Corn Bran, Modified Corn Starch, Cocoa (processed with alkali), Caramel Color, Salt, Natural and Artificial Flavor, Trisodium Phosphate.

**Vitamins & Minerals:** **Vitamin B1** (thiamin mononitrate), **Vitamin B2** (riboflavin), **Niacin** (niacinamide), **Vitamin B6** (pyridoxine hydrochloride), **Folic Acid**, **Vitamin B12**, **Vitamin A Palmitate**, **Vitamin C** (sodium ascorbate), **Vitamin D**, **Reduced Iron**, **Zinc** (zinc oxide), **Calcium Carbonate**.

MOM Brands®

Chocolate Flavored  
Corn Cereal

COC-10.0 RTE

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Nutrition Facts have been developed to comply with current Federal regulations.

GLUTEN-FREE

42400-09820 4/42 oz Malt-O-Meal Coco-Roos